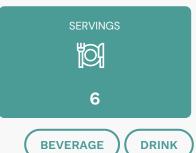
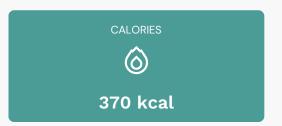


# **Coffee-Brandy Crème Brûlée**







## Ingredients

| Ш | 1 tablespoon brandy                 |
|---|-------------------------------------|
|   | 4 large egg yolk                    |
|   | 3 tablespoons brown sugar packed () |
|   | 1.5 teaspoons coffee instant        |
|   | 0.3 cup sugar                       |
|   | 1 teaspoon vanilla extract          |

2 cups whipping cream

## **Equipment**

|    | bowl  |
|----|---|
|    | frying pan  |
|    | baking sheet  |
|    | sauce pan   |
|    | oven  |
|    | whisk   |
|    | sieve   |
|    | ramekin   |
|    | baking pan  |
|    | broiler   |
|    | measuring cup   |
| Di | rections  |
|    | Preheat oven to 350°F. Arrange six 3/4-cup ramekins or custard cups in 13x9x2-inch metal baking pan.  |
|    | Combine cream and 1/4 cup sugar in heavy medium saucepan; bring almost to simmer, stirring until sugar dissolves.   |
|    | Remove from heat; add coffee and whisk to dissolve.   |
|    | Whisk egg yolks in medium bowl to blend. Gradually whisk in warm cream mixture, then brandy and vanilla. Strain custard into 4-cup measuring cup; pour into ramekins, dividing equally.   |
|    | Pour enough hot water into pan to come halfway up sides of ramekins.  |
|    | Bake custards until center moves only slightly when pan is gently shaken, about 35 minutes.   |
|    | Remove custards from pan. Chill until cold, at least 3 hours, then cover and keep chilled overnight.  |
|    | Preheat broiler. Arrange custards on baking sheet. Press 1/2 tablespoon brown sugar through strainer onto each custard, forming even layer. Broil 6 inches from heat source until sugar melts, bubbles and caramelizes, watching carefully and rotating sheet for even browning, about 4 minutes. Refrigerate custards until sugar topping hardens, at least 1 hour and up to 4 hours before serving. |

## **Nutrition Facts**

#### **Properties**

Glycemic Index:14.18, Glycemic Load:5.82, Inflammation Score:-6, Nutrition Score:5.4695652101351%

#### Nutrients (% of daily need)

Calories: 369.69kcal (18.48%), Fat: 31.67g (48.72%), Saturated Fat: 19.33g (120.81%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 17.12g (6.23%), Sugar: 16.6g (18.45%), Cholesterol: 212.05mg (70.68%), Sodium: 28.8mg (1.25%), Alcohol: 1.06g (100%), Alcohol %: 1.24% (100%), Caffeine: 7.85mg (2.62%), Protein: 4.09g (8.19%), Vitamin A: 1329.63IU (26.59%), Selenium: 8.88µg (12.69%), Vitamin D: 1.88µg (12.54%), Vitamin B2: 0.21mg (12.44%), Phosphorus: 91.35mg (9.14%), Calcium: 72.47mg (7.25%), Vitamin E: 1.02mg (6.82%), Vitamin B1: 0.35µg (5.8%), Vitamin B5: 0.55mg (5.5%), Folate: 19.78µg (4.95%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.46mg (3.04%), Potassium: 105.75mg (3.02%), Vitamin K: 2.62µg (2.5%), Iron: 0.45mg (2.49%), Vitamin B1: 0.04mg (2.4%), Magnesium: 7.56mg (1.89%), Copper: 0.02mg (1.11%)